

# Apartment dwellers pay for electricity too.

Government  
Publications

*Even if you don't receive a bill,  
you end up paying  
for it in your rent or  
condominium fee.  
So, it pays to*

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... use electricity  
wisely.

You can be sure if your building's electricity use goes up, you'll see the increase in your rent.

Most people use more electricity in the kitchen than in any other room. Tape this handy reminder up in the kitchen.

ontario hydro

# Helpful hints for the kitchen:

- More than a 1/4 inch of ice deposit in your refrigerator or freezer makes it work harder to maintain the right temperature.
- Let hot dishes partially cool before placing inside the refrigerator.
- Put only as much water in the kettle as you really need.
- Use a high setting to bring water to a boil, then reduce the heat to do the cooking.
- When you're cooking frozen vegetables use only two to four tablespoons of water. For fresh vegetables use 1/2 to 1/3 of a cup.
- Try a totally oven prepared meal. Select the average temperature and remove each dish as it is done.
- Always thaw food in the refrigerator before cooking.
- Don't peek. Opening the oven door allows heat to escape.
- After the meal is cooked, use the retained oven heat to warm plates and buns.
- It's a real waste of electricity to use the oven just to warm the kitchen.
- Glass and ceramic dishes are more energy efficient than metal dishes, so cooking time or temperature can be reduced.
- Foods requiring more than an hour of cooking time can be placed in a cold oven, except for cakes and pastries.
- For some roasts, you may turn off your oven up to thirty minutes before cooking is finished, letting the remaining heat trapped in your oven to finish the roast to perfection.



## More handy hints to remember...

**Keeping appliances clean and well-cared for can improve their performance...they'll use less electricity and last longer too.**

- regular defrosting is easier on your refrigerator
- a too-full vacuum cleaner bag overworks your vacuum
- a clean oven and exhaust fan filter work better and use less electricity

**Heating water uses a lot of energy. Wasting it is money down the drain.**

- a simple washer replacement on a dripping tap can save up to 175 gallons of wasted water each month
- taking a shower instead of a bath uses up to 50% less energy because usually less hot water is used
- waiting for a full load before using your washer or dishwasher makes best use of the hot water

**Lighten the electricity load and save money too.**

- turn off lights when the room is not in use
- using a 60 watt bulb instead of a 100 will save money and electricity
- a 130 volt bulb provides a little less light but lasts more than twice as long as a 120 volt bulb and generally costs less than the two regular bulbs it outlasts
- even a thin layer of dust reduces the amount of light you get, so keep bulbs clean

**Getting by with less heat saves electricity and is healthier too.**

- try a lower thermostat setting, say 20°C (68°F) compared to 22°C (72°F). You could save on your energy consumption and that might even help avoid future rent increases.
- if you use a humidifier, you'll be comfortable at an even lower thermostat setting